

FOR IMMEDIATE RELEASE

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Cardiac Health Fair and Educational Symposium on April 29

GLENDALÉ, Ariz. – Are you at risk for heart disease? You could be if you have two or more of the following risk factors: a man over age 45, a woman over age 55, a family history of heart disease, high blood pressure, a tobacco user, high cholesterol, overweight, diabetes, history of a stroke, a sedentary lifestyle.

Did you know that 80 percent of heart disease is preventable? Learn more about how to care for your heart at the “Cardiac Health Fair and Educational Symposium” on Saturday, April 29 from 10 a.m.-4 p.m. at Glendale Main Library, 5959 W. Brown St. The free fair is co-sponsored by Banner Thunderbird Medical Center and Glendale Public Library.

The exciting, informative day includes exercise education, heart healthy diet ideas, cooking demonstrations, heart disease lectures, free blood pressure and cholesterol screenings, raffles, prizes and more. Raffle prizes will be given away every half hour between 11 a.m. and 4 p.m. Lucky winners will be receiving a variety of prizes, including automated blood pressure cuffs, glucometers for diabetic participants, heart-healthy recipe books, and energizing exercise balls.

The day’s agenda includes:

10-10:30 a.m. – Registration (Library Lobby)

10 a.m. –1 p.m. – Cooking Demos (meeting room wing)

- 10-11 a.m. – Yogurt fruit parfait
- 11 a.m.-noon and noon-1 p.m. – Penne with chicken, bell peppers and sun-dried tomato in red wine sauce

10:30 a.m.-1 p.m. – Open Forum with tables and booths available for heart healthy free literature, discussion and demonstrations (Library Lobby)

10:30 a.m.-4 p.m. – Free Screenings (Small meeting room)

NEWS
Glendale, az

Only library
to receive the
Arizona Governor's
Arts Award

Award-winning
teen programs

Oldest library
in the Valley,
serving residents
since 1895

Glendale Public Library
Main Library
5959 W. Brown St.
Glendale, AZ 85302
623-930-3530
www.glendaleaz.com/library

- Cholesterol Screenings are available by appointment only to the first 85 people to call. Phone 602-230-2273 to register.
- Blood pressure screenings are available to walk-ins. No appointments are necessary.
- Body Mass Index (BMI) Screenings are available by appointment only to the first 85 people to call. Phone 602-230-2273 to register.

1-4 p.m. – Educational Symposiums (Auditorium)

- 1-2 p.m. Keynote speaker – Merick Kirshner, M.D. This nationally renowned cardiovascular surgeon will lecture on heart disease, with a 30-minute question-and-answer period.
- 2-3 p.m. Women and Heart Disease – Patti Struck, MSN, FNP, BC. A cardiac nurse practitioner, Struck addresses the issues relating to women and heart disease, with a 30-minute question-and-answer period.
- 3-3:30 p.m. Heart Healthy Diet – Dianna Andress, RD. A clinical dietitian shares heart-healthy diet ideas and how to make heart-healthy meals that are still enjoyable.
- 3:30-4 p.m. Fitness on the Run – Terri Thomas. An ACE certified personal trainer, Thomas explains the importance of exercise for a healthy heart.

For more information about the Cardiac Health Fair, call 602-865-6093.

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